

Swim Preschool

Even though the weather is cold, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime.

-Monday & Wednesday classes will run for 3 weeks meeting twice a week, each class being 30 minutes.

(Mondays & Wednesdays / Classes begin from 3:50 p.m. - 7 p.m. depending on level)

-Saturday classes will run for 4 weeks each class being 45 minutes.

(Saturdays / Classes begin from 8:00 a.m. - 12 p.m. depending on level)

Ages: 6 months to 4 years

Dates: Jan. 3 - Jan. 24, 2011 (M&W)

Jan. 8 - Jan. 29, 2011 (Sat)

Feb. 7 - Feb. 28, 2011 (M&W)

Feb. 5 - Feb. 26, 2011 (Sat)

Location: Patterson Park Community Center

Fee: \$60

Contact: Niki Hensley - 615-893-7439 nwitten@murfreesborotn.gov

** Registration is required

Swim Academy

According to the Center for Disease Control, there are over 3,500 drownings each year in the United States. Of those drownings, 25% are under the age of 14. Does your child know how to swim? It's never too early to begin thinking about aquatic safety. Sports*Com offers swim lessons for children ages 5-12! Our classes are based on the American Red Cross learn-to-Swim program and taught by certified Water Safety Instructors. Adult lessons are also available!

Ages: 5-12 & 18+

Dates: January 4 - January 20, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. - 6 p.m. depending on level)

January 8 - January 29, 2011 (Saturdays / Classes begin from 9 a.m. - 11 a.m. depending on level)

February 8 - February 24, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. - 6 p.m. depending on level)

February 5 - February 26, 2011 (Saturdays / Classes begin from 9 a.m. - 11 a.m. depending on level)

Location: Sports*Com Indoor Pool

Fee: \$60

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

** Registration is required

American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites include a 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +

Dates: February 15 - March 10, 2011

Days: Tuesdays & Thursdays

Times: 6:00 p.m. - 9:00 p.m.

Location: Sports*Com

Fee: \$145

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

**Registration is Required

American Red Cross Lifeguard Instructor Course

Become certified to teach American Red Cross lifeguard courses! Participants must be currently certified as an American Red Cross lifeguard and be at least 17 years old.

Ages: 17 +

Dates: February 8 - March 10, 2011

Days: Tuesdays & Thursdays

Times: 6:00 p.m. - 9:00 p.m.

Location: Sports*Com

Fee: \$100

Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov

**Registration is Required



**Get ready for next
summer by taking lessons this
winter!**

Polar Bear Plunge

There is not a better way to ring in the new year than plunging in to Sports*Com's frigid outdoor pool the second Saturday in January. Participants of the 8th annual Polar Bear Plunge are encouraged to bring non perishable foods to benefit the Murfreesboro City School Family Resource Center to partake in the plunge. At 8:30 a.m., the Sports*Com gym will once again be transformed to an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10 a.m., plungers and spectators will make their way to the outdoor pool to take the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event. Preregistration is not required but will be available at Sports*Com beginning December 1, 2010.

Ages: All Ages
Date: January 8, 2011
Location: Sports*Com Outdoor Pool (Arctic Adventure in Gym)
Fee: FREE with the donation on nonperishable foods to benefit the Murfreesboro City Schools Family Resource Center
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Bring Your Sweetheart to Aerobics

What could be a better way to say 'I love you' than by making a splash in the pool to get a great workout for you and your special someone. It is time to see if your other half can keep up with you and the rest of the class while pumping their muscles and getting their heart rates up. It is sure to be a good time for all who attend!

Ages: ALL
Day: Monday
Date: February 14, 2011
Time: 8 am, 9 am & 5:30 pm
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov

Morning Water Aerobics

If you're looking for a great way to get in shape this fall and want to have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. While the 9am class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: ALL
Days: Monday – Friday
Time: 8 a.m. & 9 a.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov



Evening H2O Cardio Class

This class is for the working people of Murfreesboro! It is ideal for those just getting off work and ready to work out the stress for the day. It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though, after your cardio session there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows. It truly is a great way to get or stay in shape that is a bit out of the norm!

Ages: ALL
Days: Monday, Wednesday
Time: 5:30 p.m. - 6:30 p.m.
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass
Contact: Niki Hensley – 615-893-7439, nhensley@murfreesborotn.gov

Early Bird Swim – Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools this winter. The pools will be open Monday through Friday, 6 a.m. to 8 a.m., for those who want a great and invigorating morning workout.

Ages: All ages
Dates: Ongoing
Days: Monday – Friday
Time: 6 a.m. – 8 a.m.
Location: Sports*Com & Patterson Park Indoor Pools
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers, who are comfortable in the deep end of the pool.

Ages: 13+
Dates: Ongoing
Day: Tuesdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov